

Eating in the wild!

I can identify and understand unstressed words.



Wild foraging

What are wild foragers? They are people who look for food in the countryside. They do this because the food is free, and it is fresh and healthy. Wild foragers believe that rich countries grow too much food – and that isn't good for the environment. There is already a lot of wild food in the countryside. You can find lots of mushrooms, leaves, grasses, fruit, vegetables, seeds, herbs and nuts in different seasons. So why do we buy food, when we can find food for free?



1 Read the text about wild foraging. Choose the correct option (a–c) for sentences 1–3.

1 A wild forager is someone who looks for ___ in the countryside.

- (a) wild animals (b) things to eat (c) plants

2 Wild foragers believe that wild foraging is ___.

- (a) healthy (b) difficult (c) bad for the environment

3 Wild foragers think that rich countries ___ too much food.

- (a) buy (b) grow (c) eat

Listening Strategy

Unstressed words can be difficult to catch in natural speech. Being able to recognise the unstressed form of words will help you to understand them when you hear them.

2 1.24 Read the Listening Strategy. Underline the stressed 'content words' in these sentences. Then listen, check and repeat.

- | | |
|-----------------------------|-------------------------|
| 1 Steve is in the bathroom. | 4 Give me a sandwich. |
| 2 Where is the milk? | 5 Go to bed! |
| 3 When's your birthday? | 6 Kate can ride a bike. |

3 1.25 Listen and complete the sentences. Are the words you wrote stressed or unstressed?

- 1 Liam swim.
 2 Put on the table.
 3 Where's salt?
 4 That's apple.
 5 Juan's Spain.
 6 Here's water.

4 1.26 Listen to an interview with a wild forager. Are the sentences true (T) or false (F)?

- 1 Stacey studies and collects wild plants that are safe to eat. ☐
 2 Stacey goes foraging once a month. ☐
 3 Stacey never buys food in a supermarket. ☐
 4 There are some places that you can't collect food from. ☐
 5 A lot of Stacey's visitors don't enjoy her cooking. ☐

5 Underline the stressed words in these sentences.

- 1 I go with my friends and we look for food.
(Underline four words.)
 2 And it isn't good for the environment.
(Underline two words.)
 3 How often do you collect this kind of food?
(Underline four words.)
 4 It's tasty, it's good for you and it's free!
(Underline four words.)